



Serves: 4

Crabmeat Fried Rice

Ingredients

- Crabmeat, steamed 150g
- Garlic cloves, finely chopped 2
- Ginger, finely chopped 10g
- Spring onion, finely cut 1 stalk
- Egg, beaten 1
- Egg whites, beaten 2
- Rice bran oil 2 tbsp
- Rice, cooked 600g
- Kailan stalk, blanched and cut into small cubes 100g
- Sesame oil 1 tsp
- Salt & pepper, to taste

Tips:

- Use more water when cooking whole grains, as they absorb more water than refined grains.
- Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
- Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps control your blood sugar.

Method

- Heat the oil in a wok till hot. Add the garlic, ginger and fry till light golden brown.
- Pour the eggs into the wok then stir quickly to scramble.
- Lower the heat and stir in the rice and kailan stalk. Add salt and pepper seasoning to taste. Turn up the heat and stir-fry for another 2-3 minutes.
- Add the crabmeat and sesame oil. Stir-fry for 1-2 minutes.
- Transfer to a serving dish. Garnish with spring onions.
- Serve immediately.

Nutrition Information (Per Serving):

Energy 404kcal
Carbohydrate 60g
Protein 16.3g
Total fat 10.3g
Saturated fat 1.4g
Cholesterol 90mg
Dietary Fibre 1.2g
Sodium 443mg